

نرحب بالضيوف الكرام

شعبة التعليم الطبي المستمر - أيار 2022

CME On-line Lecture



# On-line Appearance & Ergonomics

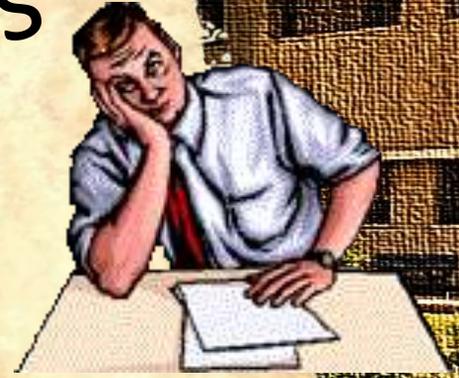
أد جمال الخضيرى / طب الأسرة والمجتمع



# LECTURE OBJECTIVES



- To clarify on-line Ergonomics
- To explain its importance
- To show how to apply it
- To highlight appearance on-line



# Ergonomics?



- Adaptation of work to Man
- Adaptation of Man to work



# Computer health risks



- **Musculoskeletal**: tech neck, overuse injury
- **Visual**: CVS
- **Psychological**: behavior, addiction, violence
- **Cognitive**: memory, distraction
- **Neurological**: seizures
- **lifestyle**: obesity, sedentary



# Tech Neck



**Tilted head position →**

- poor posture
- Chronic pain
- Upper back spasm
- Early arthritis
- Pinched cervical nerve



# Overuse injury



Elbow, wrist, hand →

- Pain
- Swelling
- Stiffness
- Weakness
- Numbness



# Digital Eye Strain CVS



Computer vision syndrome →

- Eye strain
- Dry eye
- Blurred vision
- Headache

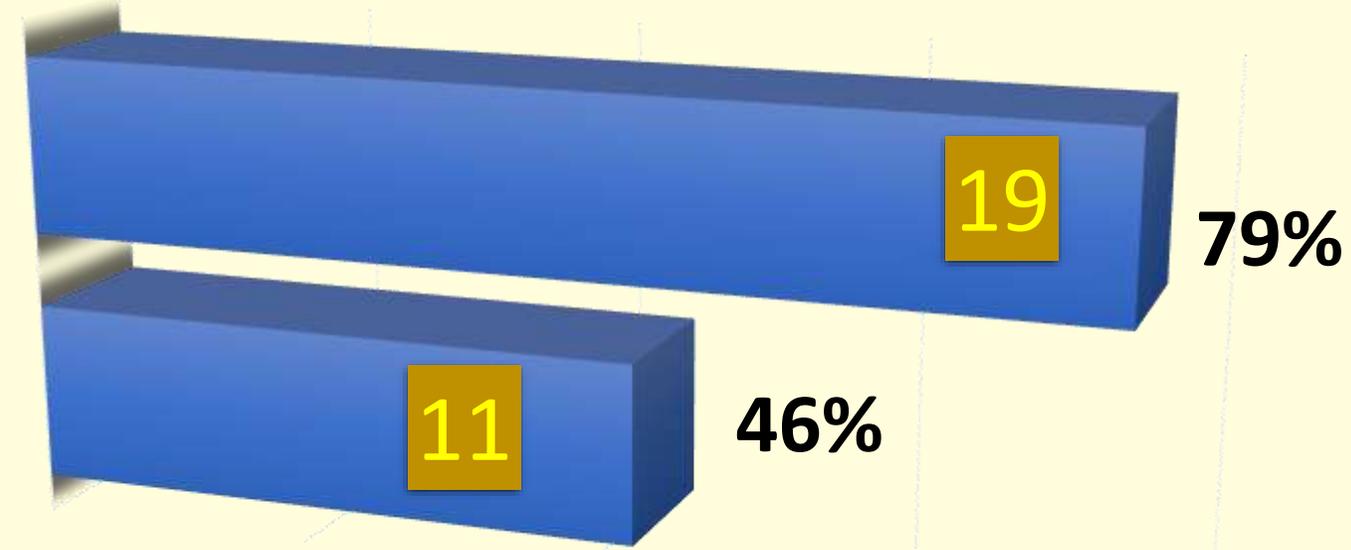


# Screen time 2hr/d



## Screen time US average hours

2020  
2019

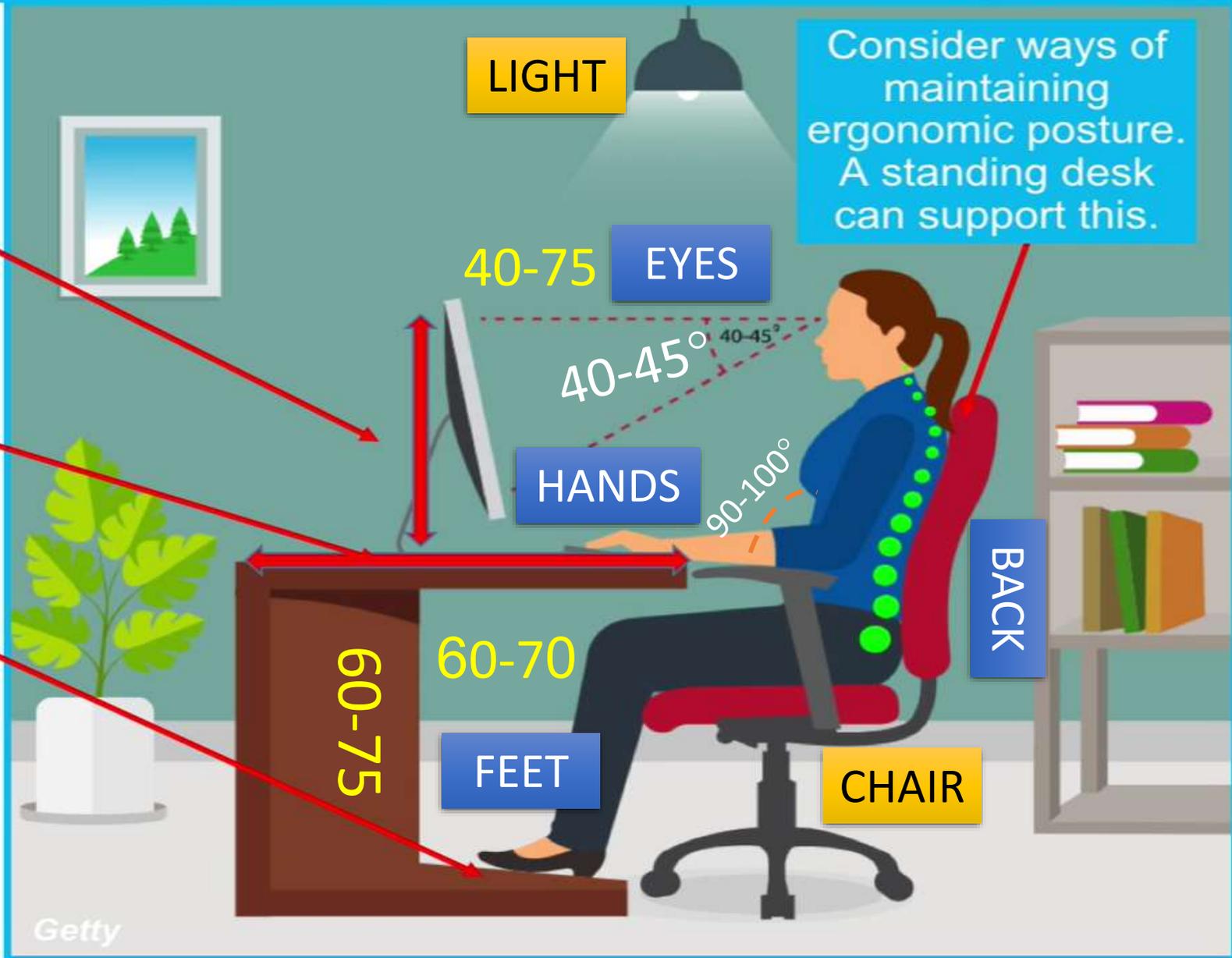


# Ergonomics: Modifying a working space

Raise the monitor using a stand or a pile of books.

A clear flat surface is needed to work from.

Consider using a foot rest to raise the feet.



# Mention 7 mistakes?



# Which is correct ?



# Agree or disagree ?





# Stay active!

Every 20 minutes →

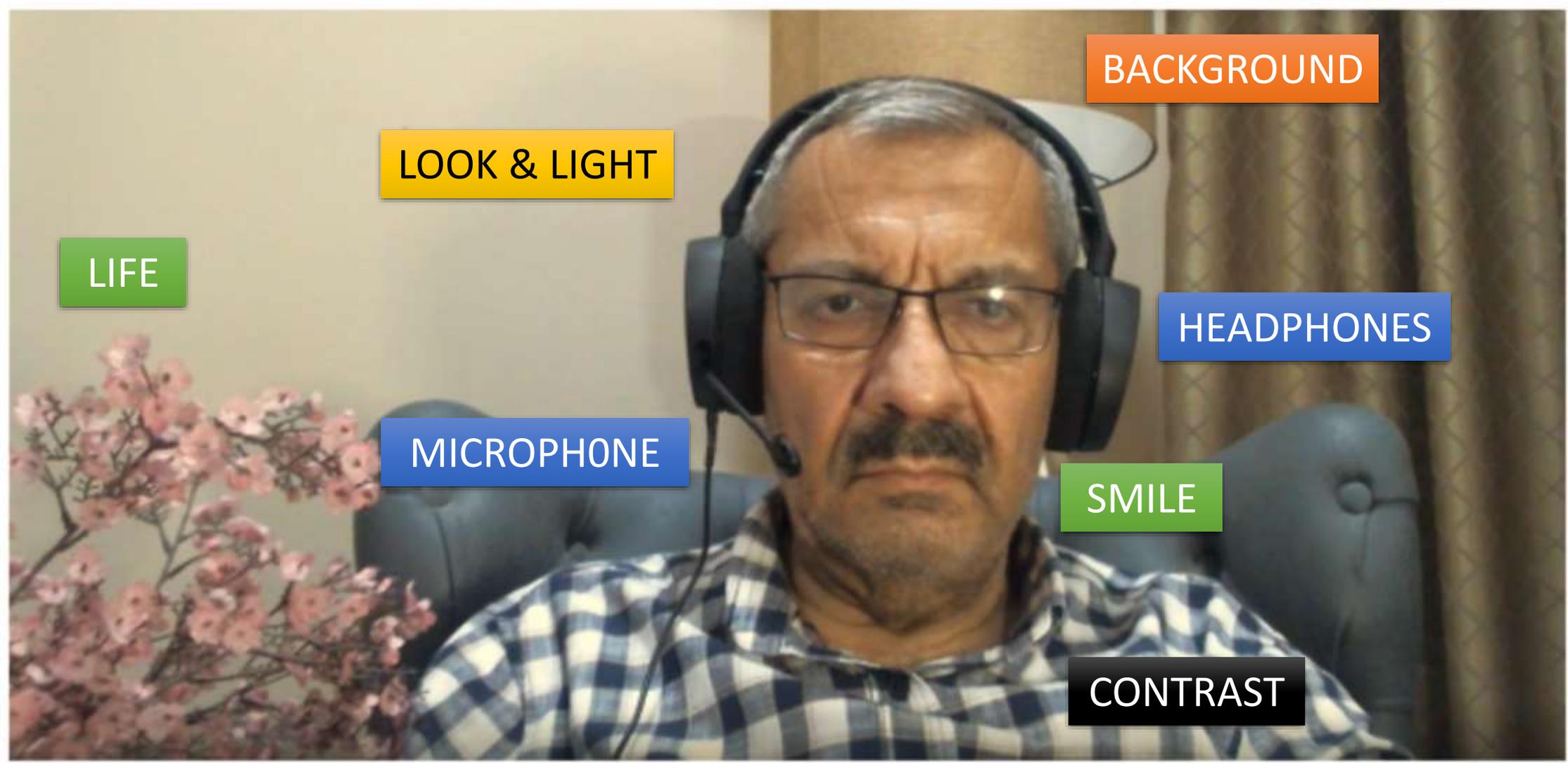


20 sec break →

- Neck & hands stretch
- Standup take a walk
- Look at 20 feet



# Appearance On-line



BACKGROUND

LOOK & LIGHT

LIFE

HEADPHONES

MICROPHONE

SMILE

CONTRAST

# Backlight or Frontlight



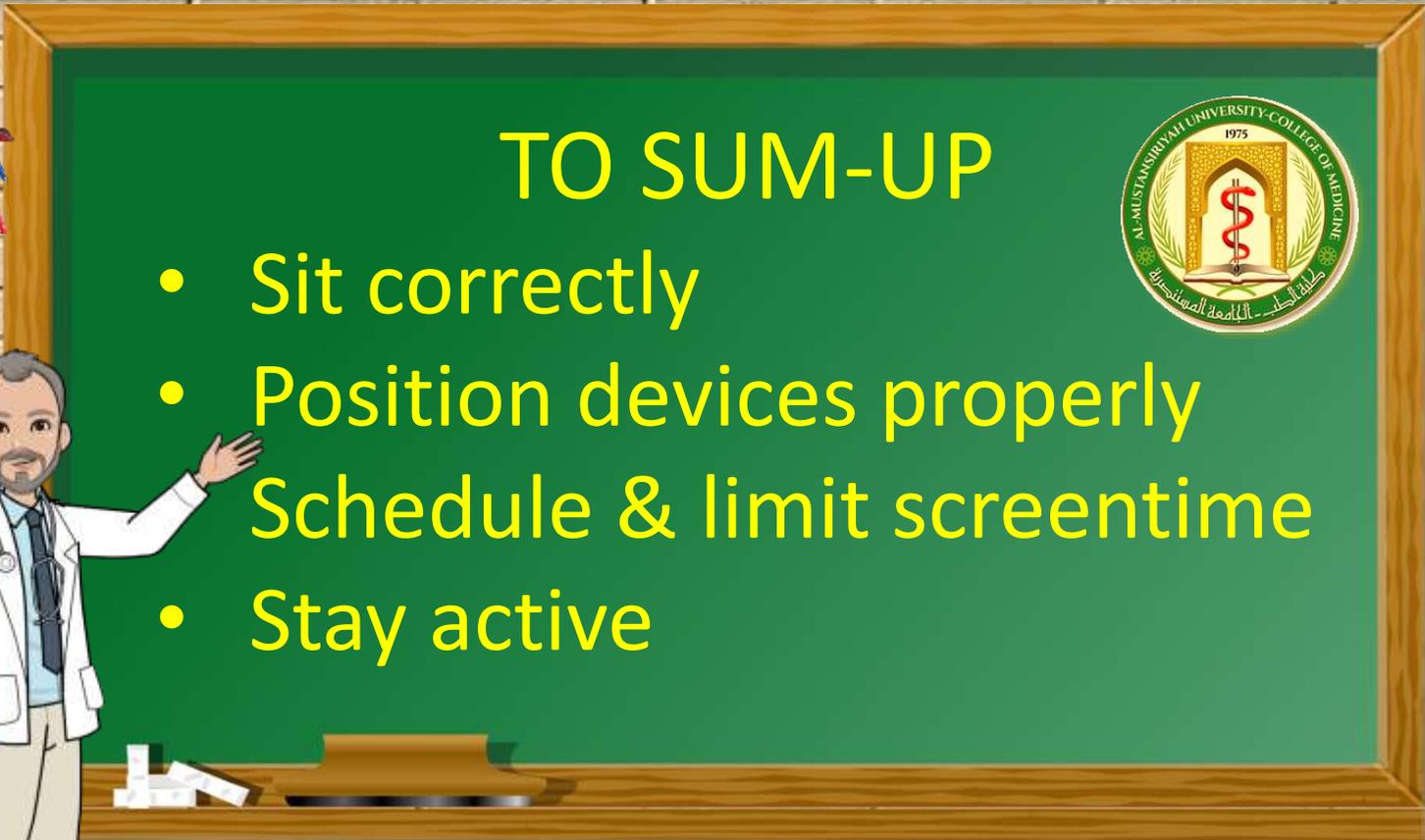
# Virtual background

- Settings
- General
- Video
- Audio
- Share Screen
- Chat
- Zoom Apps
- Background & Filters**
- Recording
- Profile
- Statistics
- Keyboard Shortcuts



Virtual Backgrounds Video Filters





# TO SUM-UP

- Sit correctly
- Position devices properly
- Schedule & limit screentime
- Stay active





Thanks for attendance  
I hope the lecture  
was of benefit  
to you

